



FOOD FOCUS: Tomatoes

CAIRO Jr/Sr HIGH SCHOOL 6-8 : September 24th-28th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Chicken Parmesan	Beef Soft Shell Tacos	Cheese Stuffed Bread Sticks	Home-Style Meatloaf	Brooklyn Style Flatbread
	Dinner Roll		Spaghetti Sauce	Dinner Roll	
Sides For All Meals	Baked Oven Fries	Tater Tots	Seasoned Corn	Garlic Mashed Potatoes	Savory Green Beans
Wild Greens	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll
2 tomatoes	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Buffalo Chicken Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
grill'd	Three Cheese Pretzel Sandwich	Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Corn Dog
extra extra	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
	Fresh Broccoli	Refried Beans	Fresh Baby Carrots	Marinated Cucumbers	Carrot and Celery Sticks
	Chilled Peaches	Mandarin Oranges & Pineapple Tidbits	Chilled Pears with Strawberries	Fresh Red Grapes	Luigi's Slush
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an opportunity provider.</p>					



FOOD FOCUS: Tomatoes

CAIRO JR/SR HIGH SCHOOL 6-8 : September 3rd-7th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	No School	Beef Nachos	Salisbury Steak	Cheeseburger Flatbread	Spaghetti
	Labor Day		Dinner Rolls		W/ Italian Meat Sauce
Sides For All Meals		Tater Tots	Mashed Potatoes	Curly Fries	Seasoned Broccoli
Wild Greens		Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll
2 tomatoes		Buffalo Pizza	Pepperoni Pizza	Beef Taco Pizza	Pepperoni Pizza
		Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
grill'd		Classic American Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Corn Dog
extra extra		Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad
		Spicy Garbanzo Beans	Green Beans	Fresh Carrots	Cherry Tomatoes
	Red Apple Halve	Pineapple Tidbits	Chilled Peaches	Luigi's Slush	

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & one (1) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

This Institution is an equal opportunity employer and provider. Menu may change without notice.



FOOD FOCUS: Tomatoes

CAIRO Jr/Sr HIGH 6-8 SCHOOL: September 10 th - 14th,2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Turkey Hot Dog	Taco Nacho	Southern Style Pulled Pork Sandwich	Chicken Nuggets	Pepperoni Pizza
	Macaroni & Cheese			Dinner Roll	
Sides For All Meals	Baked Curly Fries	Tater Tots	Boston Baked Beans	Mashed Potatoes	Oven Fries
Wild Greens	Ham & Turkey Chef Salad/CROUTONS & Dinner Roll	Ham & Turkey Chef Salad/CROUTONS & Dinner Roll	Ham & Turkey Chef Salad/CROUTONS & Dinner Roll	Ham & Turkey Chef Salad/CROUTONS & Dinner Roll	Ham & Turkey Chef Salad/CROUTONS & Dinner Roll
2 tomatoes	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Buffalo Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
grill'd	Three Cheese Pretzel Sandwich	Classic American Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Corn Dog
extra extra	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
	Fresh Carrots	Fresh Cherry Tomatoes	Fresh Broccoli Florets	Seasoned Broccoli w/ Cheese	Marinated Cool Cucumbers
	Baked Apple Slices	Pineapple Tidbits	Chilled Peaches	Orange Juice	Rosy Applesauce
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p>This institution is an equal opportunity provider.</p>					



FOOD FOCUS: Tomatoes

CAIRO Jr/Sr HIGH SCHOOL 6-8: September 17th-21th , 2018
LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Popcorn Chicken	Taco Nachos	Mini Corn Dogs	Sloppy Joe on Bun	Asian Chicken Flatbread
	Dinner Roll				
Sides For All Meals	Mashed Potatoes	Tater Tots	Curly Fries	Hash Brown Patty	Baked Oven Fries
Wild Greens	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll
	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Buffalo Chicken Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
	Three Cheese Pretzel Sandwich	Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Corn Dog
	Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad
	Fresh Baby Carrots	Refried Beans	Fresh Broccoli	Fresh Grape Tomatoes	Marinated Cucumbers
	Baked Apple Slices	Chilled Peaches	Mandarin Oranges and Pineapples	Fruit Cocktail	Rosy Applesauce
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an equal opportunity employer and provider.</p>					